



# High Five Friday



ARCHIVED PHOTO - EARLY 2000'S

## Here's what has happened and what's to come!

With the countdown officially under a week, excitement is building as we get ready to celebrate Nancy and this wonderful milestone on May 21!

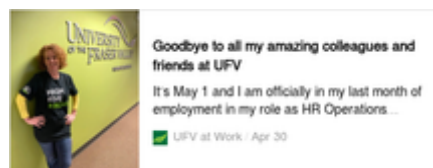
As a reminder, please join us at 12:30 p.m. for one last group walk around campus.

It's a fun, feel-good way to come together, share stories, and mark the moment—feel free to drop in for some or all of the walk.

As we head into the long weekend, we wish everyone a fantastic, well-deserved break—whether that means getting outside, spending time with loved ones, or simply slowing down. We look forward to celebrating together next week!



### WALKING ROUTE



### Updates and Happenings :

Local "long weekend spotlight"

May - Cancer Prevention month

Vision Board workshop recap

Golf Tee times

Run for Water opportunity

Recipe | Shrimp Salad



## Local “Long Weekend” spotlight

Staying local this long weekend? Get your steps in and excitement in at the [2026 Cloverdale Rodeo and Country Fair](#). It doesn't matter if this is your first rodeo or you're a long-time attendee, get ready for a “wow!”



Provincial Health Services Authority

## May | Cancer Prevention

BC Cancer offers, [province-wide screening programs](#).

Screening is for those without symptoms. It can prevent cancer or help catch it in its earliest stages, allowing more treatment options and a better chance of recovery.

- [Lung Cancer Screening](#)
- [Colon \(Colorectal\) Cancer Screening](#)
- [Breast Cancer Screening](#)
- [Cervical Cancer Screening](#)



## Last call for Golf?

Sending out one final call to see if anyone else is interested in joining fellow employees for some upcoming tee times.

Thank you to those who have already expressed interest! I'll be sending out a poll soon to determine the best times and will arrange bookings based on responses.

Just a reminder that participants will be responsible for their own fees, and guests are welcome to join.



## Recap - Vision Board

Tuesday's Vision Board Workshop brought together a smaller group, but engagement was strong throughout.

Participants put thoughtful effort into creating boards that reflected their goals and ideas.

Overall, a productive and enjoyable session that made the most of a smaller group setting.



## Join the team

Just over a week away for you to join in on the Run (or Walk) for Water race on May 24th in Abbotsford.

Join Vincent and the UFV team if some people want to join, running or walking either 5 or 10 km.

[Register here](#)

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## Weekly Recipe



### Shrimp Salad

Celebrate spring with a fresh, entrée-worthy salad. This one features protein-rich shrimp, colorful corn and cherry tomatoes and a zesty sun-dried tomato vinaigrette.

Roasting the veggies with olive oil first adds a nice flavor and actually increases your body's ability to absorb the cancer-fighting lycopene compound.

*This recipe was specially crafted to support cancer prevention and survival – from the American Institute of Cancer Research.*

**Total Time:** 20 minutes mins | **Servings:** 2 Servings (2.5 cups)

### Ingredients

#### Salad

- 1/2 cup frozen corn (no-salt added)
- 1/2 cup cherry tomatoes, sliced in half
- 1 Tbsp. extra-virgin olive oil, divided
- 8 oz. shrimp, thawed, tails trimmed
- 1 head romaine lettuce
- 1/2 medium avocado, pit removed

#### Vinaigrette

- 2 Tbsp. red wine vinegar
- 1 1/2 tsp. prepared mustard
- 1 Tbsp. chopped sun-dried tomato
- 1 clove garlic, roughly chopped
- 1/4 cup extra-virgin olive oil
- salt and freshly ground black pepper, to taste

### Directions

#### Salad

1. Preheat oven to 450 degrees F.
2. On sheet pan place corn and tomatoes and toss with 2 teaspoons oil until evenly coated. Season with salt and pepper. Roast about 10-15 minutes or until tomatoes begin to tighten up.
3. In a sauté pan, add 1 teaspoon oil and heat to medium-high.
4. Add shrimp to pan and season with salt and pepper, to taste.
5. Once shrimp has tightened up and turned pink (approximately 4 minutes) remove from heat.
6. Chop lettuce to desired leaf size.
7. Slice avocado in half and remove pit. Cut slices while still in the skin and scoop out with a spoon.
8. Arrange lettuce on plate or bowl and top with roasted tomato and corn, avocado and shrimp.

#### Vinaigrette

1. In a small bowl, whisk together vinegar, mustard, sun-dried tomato and garlic. When well mixed, slowly add the oil in a small stream; the dressing should bind together and look uniform throughout with no separating of oil and vinegar.
2. Season with salt and pepper, to taste.

#### Notes

- May use fresh shrimp, deveined and tails trimmed.
  - The dressing is an additional 160 calories per serving.
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# Strive to Thrive - Fitness Challenge memories



*Have a great long weekend!*

Stacie Dixon - [health.disability.wellness@ufv.ca](mailto:health.disability.wellness@ufv.ca)